

NUTRITION CARE DIVISION FT CARSON MEDDAC – 2						
SUNDAY 27 December 09	MONDAY 28 December 09	TUESDAY 29 December 09	WEDNESDAY 30 December 09	THURSDAY 31 December 09	FRIDAY 1 January 2010	SATURDAY 2 January 2010
Pancakes	French Toast Turkey Sausage Oatmeal/Grits	Pancakes Comed Beef Hash Oatmeal / Cream of Wheat	French Toast Country Fried Steak Oatmeal / Grits	Pancakes Comed Beef Hash Turkey Bacon Oatmeal / Cream of Wheat	Belgium Waffles Grilled Ham Oatmeal / Grits	French Toast
BREAKFAST: Fruit♥, juice, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, cream cheese, peanut butter, jelly, bacon, sausage, cream beef						
LUNCH:						
Soup du Jour Turkey Salisbury Steak♥ Mashed Potatoes♥ Green Beans ♥ Mushroom Gravy Dinner Rolls	Soup du Jour Chicken Gumbo Soup Meatloaf Baked Chicken♥ Fried Chicken Mashed Potatoes Broccoli ♥ Fried Cabbage Macaroni and Cheese Brown Gravy Cornbread	Soup du Jour Cream of Broccoli Smothered Pork Chop Salmon Croquettes Cornish Hen♥ Herb Brown Rice♥ 3 Bean Medley Roasted Squash♥ Capri Blend Vegetables♥ Whole Wheat Rolls	Soup du Jour Minestrone Soup Jambalaya Southern Fried Catfish Stuffed Peppers♥ Green Beans♥ Mediterranean Potatoes♥ Carrots♥ Rice Pilaf Brown Gravy Dinner Rolls	Soup du Jour Cream of Mushroom Soup Thai Curry Tofu♥ Chinese 5 Spice Chicken♥ Steamed Rice♥ Mashed Potatoes Vegetable Medley♥ Peas Chicken Gravy Dinner Rolls	Soup du Jour Grilled 6oz Filet Mignon w/ sautéed mushrooms Mahi Mahi Black Eyed Peas♥ Baked Potatoes Seasoned Greens♥ Cornbread Muffins	Soup du Jour BBQ Chicken ♥ Country Fried Steak Country Gravy Baked Beans Spinach♥ Mashed Potatoes♥ Dinner Rolls
<i>Deli Special</i>	<i>Southwest Chicken Salad Wing & Potato Bar</i>	<i>Taco Nacho Bar Crispy BLT Chicken Salad</i>	<i>Pasta Bar Chef's Salad</i>	<i>Lettuce Turkey Wrap Seafood Bar</i>		<i>Deli Special</i>
LUNCH : Salad Bar Weekdays Short Order: Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers♥, Grilled Chicken Sandwich♥, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties, Cakes, Pies and Cookies. Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, Grilled Chicken Sandwich♥ and French Fries, Cakes, Pies, and Cookies ----- Panini of the Week: Grilled Chicken w/ Bacon						
DINNER: Deli Grill is Closed						
“MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”						
Sunday Night Bistro Menu	Soup du Jour Blackened Fish♥ Roasted New Potatoes ♥ Garden Vegetable Blend ♥ Dinner Rolls	Soup du Jour Oven Roast Beef♥ Garlic Mashed Potatoes ♥ Green Beans♥ Brown Gravy Dinner Rolls	Soup du Jour Roast Turkey♥ Mashed Potatoes ♥ Dressing Italian Vegetables ♥ Cranberry Sauce Turkey Gravy Dinner Rolls	Soup du Jour Grilled Herb Chicken Breast ♥ Summer Squash ♥ Wild Rice Blend♥ Chicken Gravy Dinner Rolls	Soup du Jour Chicken Stir Fry ♥ Steamed Brown Rice ♥ Oriental Vegetables ♥ Dinner Rolls	Saturday Night Bistro Menu
HOURS:	BREAKFAST:	Weekdays:	LUNCH:	Weekdays:	DINNER:	Weekdays:
		0600 – 0830	Full Menu	1100 – 1300	Full Menu:	1600 – 1800
		Weekends/Holidays:	Self Service / Short Order	1100 – 1345	Weekends:	Bistro Menu: 1600 – 1730
			Weekends:	1100 -- 1300		

Evans Army Community Hospital, Nutrition Care Division